



LEARN TO MEDITATE

DESIGNED FOR TEENS 12 AND OLDER

**A SIMPLE PRACTICE THAT WILL MAKE YOU FEEL WAY BETTER
WITH SHYAMA BLAISE**

Meditation will quiet the mind. When our ‘thinking’ softens, anxiety and stress decrease and make room for feelings of peace, calm, and deeper well-being.

DURING THIS CLASS YOU WILL:

- Learn to Meditate in a comfortable position
- Use supportive breathing exercises
- Learn deeper & more profound reasons to meditate
- Experience peace & stillness

Shyama has been practicing meditation for over 40 years. After living in a Hindu Spiritual Community for over a decade, she formally trained and certified as a Yoga & Meditation Instructor. She loves teaching meditation, and is looking forward to doing so here at AHC. This class is suited for beginning and experienced meditators.

**SATURDAY,
SEPTEMBER 14TH
10:00AM - 10:45AM**

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**Located in the conference room
Free to members • Guest fees apply**

**SIGN UP AT THE SERVICE DESK IN
PERSON OR CALL: 707.528.2582**

